



ORLANDO COLLEGE OF OSTEOPATHIC MEDICINE

Orlando College of Osteopathic Medicine

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Dean & Chief Academic Officer

Policy Title: Policies & Procedures for Seeking Counseling and Mental Health Services

OCOM recognizes the challenges for students while in medical school OCOM is committed to providing its students with access to a system of counseling and mental healthcare.

Behavioral Health Services.

To support the needs of our students general counseling services to OCOM students from an on-site licensed therapist. The counselor will provide confidential counseling for students struggling with any aspect of their lives: academically, emotionally or behaviorally. Information relating to OCOM's counseling support can be found on the [website](#).

Students needing to set up an appointment to the counselor can do so by:

- Scheduling an appointment online
- Calling the Behavioral Health Specialist phone number 321-222-7173 or confidentially email the OCOM BHS Jessica Jones LMFT at jjones@ocom.org.
- Leaving a voicemail or email providing name, callback number, reason for calling or emailing and a good time during the day for reaching out.

OCOM's counseling support is not intended to be a long term solution for students, the BHS will provide three (3) counseling sessions for each concern a student faces.



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24 x 7 Counseling Services.

OCOM offers all students a free Student Assistance Program (SAP) through [Aetna](#). The Student Assistance Program provides confidential and professional guidance. Students can call Aetna SAP for counseling and referrals. Phone calls are answered by licensed counselors who have extensive clinical experience and are available 24 hours a day seven days a week. This service is available to students from all locations where students receive education from OCOM. from all locations where students .

- Aetna SAP's toll-free number Call [1-877-351-7889](tel:1-877-351-7889) (TTY: [711](tel:711)) of which students can call at any time day or night and be connected directly to a trained counselor who triages the situation. Aetna SAP also provides a mobile app with additional resources that are available.
- Aetna SAP provides six (6) telephonic counseling session for each concern a student faces. Aetna SAP where applicable will make referrals to local counselors where the student resides who are part of the students health insurance network,
- Standard protocols govern the interaction and enable counselors to assess students and determine if emergency intervention is needed.
- Through the 24x7 hotline, Aetna SAP can provide health services, legal assistance and other various support services.

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Psychiatric Care - OCOM has a memorandum of understanding with a local psychiatrist, Benjamin Lippmann, DO, who has agreed to provide confidential psychiatric care appointments to all OCOM students.

More information on these services as well as other Behavioural Health resources can be found on the OCOM website. [Mental Health and Wellness](#).



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Mental Health Emergencies Students who are experiencing a mental health emergency are encouraged to go to their nearest emergency room or to call 911. Also, now available at 988 is the existing National Suicide Prevention Lifeline, where compassionate, accessible care and support is available for anyone experiencing mental health-related distress. People can also dial 988 if they are worried about a loved one who may need crisis support. Students are encouraged to reach out to community resources that they believe might be of assistance to them.

OCOM Behavioral Intervention Team (OCOM BIT)

To ensure the safety and continued success of our medical student body, the OCOM Behavioral Intervention Team (OCOM BIT) serves osteopathic medical students by working with the students and faculty to address or remediate any concerning event or pattern of personal behavior or professional interaction which implies a student may be at risk of harming themselves or others.

The OCOM Behavioral Intervention Team is comprised of the following OCOM faculty and staff members:

- *Associate Dean for Pre-Clinical Education (*Based on student year)*
- *Associate Dean for Clinical Education (*Based on student year)*
- *Associate Dean for Student Services*
- *Mental Health Counselor*
- *Director of Security*
- *Director of Student Affairs*

When the troubling behavior of one or more students is reported by the campus community to the office of the Associate Dean for Student Services, an OCOM BIT meeting may be called to review this behavior.

- OCOM BIT provides a coordinated process for identifying and responding to students who may be at risk of harming themselves or others or who may reasonably pose a threat to the safety and well-being of the campus community.
 - Achieving this goal involves
 - Utilizing a multidisciplinary team to review, identify, and develop specific intervention/prevention strategies.
 - Analyzing information, discerning patterns, and following up as appropriate.
 - Providing education and training to faculty, staff, and students on identifying and addressing concerning behaviors that may need further assessment or response.



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- OCOM BIT team members who have interacted with the student and presented information to the group (as permitted by state and federal law) and other campus community members may also be called upon to share information.
- After the meeting, the OCOM BIT will make a recommendation on the student to the Student Progress and Professionalism Committee (SPPC) for adjudication.

This policy shall be published at ocom.org/policies.